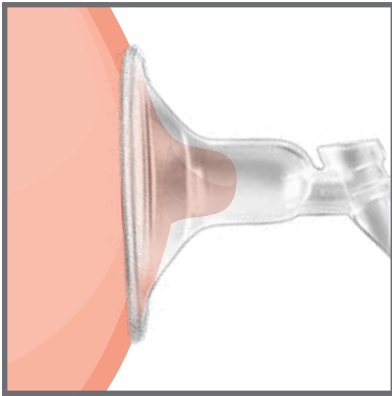


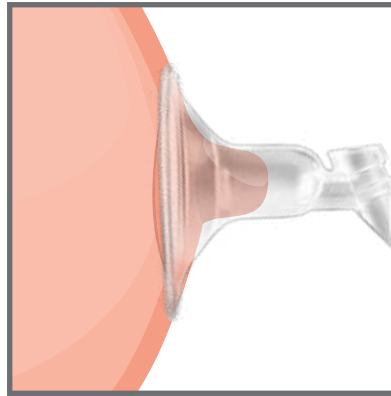


Express with Success

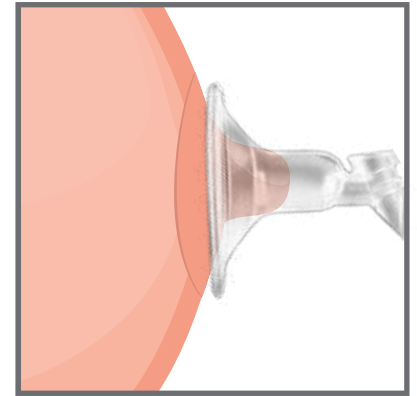
Choose the Right Flange Size



Flange too big:
The areola gets pulled into the tunnel with the nipple and 'bounces' back as the pump loses suction.



Flange fitting well:
The whole nipple pulls comfortably into the tunnel with a small space around.

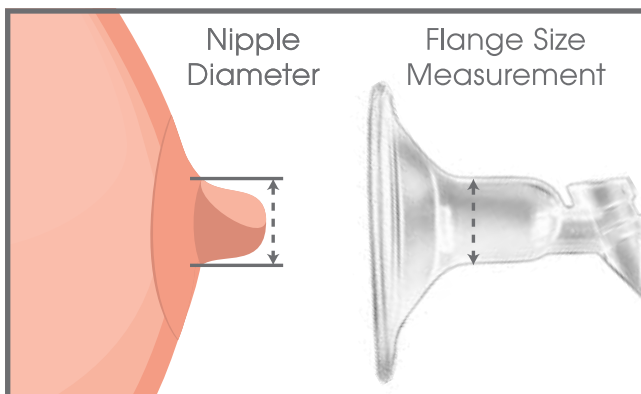


Flange too small:
The sides of the nipple rub painfully against the sides of the flange tunnel.

Tip

It is generally recommended that you choose a flange size slightly larger (about 0,0787" to 0,157") than your nipple diameter.

Flange Size = Nipple Diameter + 0,0787" to 0,157"



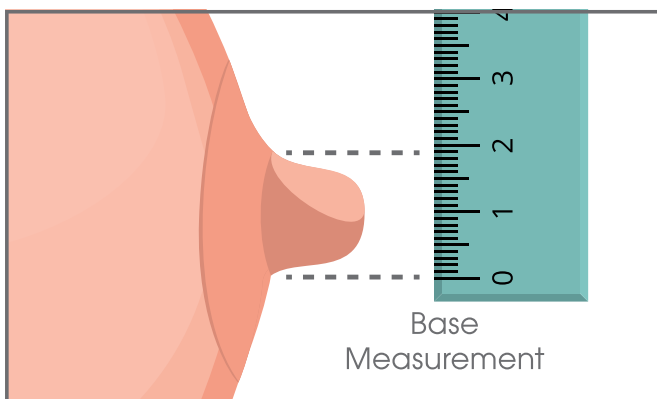
Nipple Diameter	BabyWombWorld Flange Size
0,590" - 0,748"	0,826"
0,787" - 0,944"	0,984"
> 0,984"	1,141"



Express with Success

How to measure your Nipple Diameter

Method 1: Ruler



Use a ruler and measure the base of your nipple

Method 2: Coin

- 1 Wash the coins
- 2 Compare the coins to the nipple base

Equivalent Nipple Diameter



0.955 in



0.835 in



0.75 in

Signs of Expressing with an ill-fitting flange

- Pain during expressing
- A nipple that looks blanched, have rub marks or cuts
- A white ring at the base of the nipple
- Lumps/full areas in the breast after an expressing session
- Struggling to maintain a vacuum during expressing
- Lower milk volumes and a lowered milk supply

For more info on choosing the correct flange size go to www.babywombworld.com

If you need more help or want to see a lactation consultant, you are more than welcome to send us an email on info@babywombworld.com